Cancer Support Community Delaware

www.cancersupportdelaware.org

February 2025
Program Calendar—New Castle County

302-995-2850
4810 Lancaster Pike Wilmington DE 19807

Types of Programs:
Zoom/FB Live: Program is fully virtual
Hybrid: Program is at another location but you can join virtually
In-Person: Program is happening in-person in New Castle County (will specify if virtual option is also available)

Scan QR code to visit calendar on website

Monday	Tuesday	Wednesday	Thursday	Friday
3 10am Participant Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	**4** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) **1pm Sound Meditation with Liana (In-person)** 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**5** 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	**6** 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	**7** 10am Walking Warriors (In-person at Winterthur) **Sat 8** 1pm Cooking in Our Kitchen with Nicole: An Afternoon Cup of Chai (In-person)
10 10am Participant Support Group (In-person & Zoom)	**11** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) **6:30pm The Next Step (In-person & Zoom)**	**12** 12n T'ai Chi Chih with Jessica (In-person & FB Live) 12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom)	**13** **10am Welcome Meeting (Zoom)** 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) **4pm Bloodwork Basics (Zoom & FB Live)** 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)	**14** 10am Walking Warriors (In-person at Winterthur)
17 **Offices Closed** *Happy Presidents' Day* 6:30pm Prostate Cancer Support Group (Zoom ONLY)	**18** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) **1pm Healing After Breast Cancer: Post-Surgical Tips (Zoom & FB Live)** 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Grp 6:15pm Caregiver Support Grp	**19** 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	**20** 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	**21** 10am Walking Warriors (In-person at Winterthur)
24 10am Participant Support Group (In-person & Zoom) **1pm Zentangle (In-person)** 4:30pm Nutrition with Elena: Boosting Energy Through Nutrition (Zoom) 6:00pm Blood Cancer Support Group (Zoom) **7:30pm Welcome Meeting (Zoom)**	**25** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**26** 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom)	**27** 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 4pm Sound Meditation with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	**28** 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)